

# Reflection as political action

Objective: Political opinions can be a complex, personal and overwhelming topic. Here we describe three different activities which create a private and reflective space for participants to examine their feelings and experiences in an intentional manner.

Delivery: Suitable for offline or online

Participant Number: Any

Materials: Writing materials, and in some cases access to internet, and a screen.

Duration: 5-10 minutes

## ✓ Automatic Writing (5 minutes)

This activity works the same online and in-person

- Explain that this exercise is to be done alone and we will not share anything afterwards.
- Set a timer for 4 minutes.
- Ask participants to start writing 'automatically': they should write down every thought, and not stop typing or writing for the whole 4 minutes.
- Use a prompt to start the exercise, such as: what do you want to get out of this workshop or what have you learnt in this session so far?

## ✓ Emotional wheel (10 minutes)

This activity works the same online and in-person

- Show participants a list of emotion words (create your own or find one online).
- Set a timer for three minutes.
- Ask participants to write down their most negative two or three emotions from the session, a time frame (such as the last three months) or a topic (such as upcoming elections).
- Re-set the timer for another three minutes.
- Ask participants to write down their most positive two or three emotions for the same time or topic.
- Allow time for any participants to share how they feel – this should be voluntary.

## ✓ All about the meme-ing (7 minutes)

Online activity

- Participants should identify at least two or three emotions that have come up for them during the previous content section.
- Give the participants 4 minutes to find one image or GIF for each emotion they identified.
- The facilitator should begin by sharing at least one of their own images or GIFs.
- Ask participants to share in the online chat or whiteboard if they feel comfortable doing so.

## 🗨 Discussion Points

- Did any of your reflections or emotions differ from how you felt before the workshop or how you expected to feel?

